

Hear what some of our instructors have to say about Water Aerobics...

Water aerobics is great for individuals who have had various types of surgery, including knee surgery and back surgery. Water aerobics is recommended by doctors for the healing process. The water is easy on the joints and allows participants to do exercises they normally wouldn't be able to do outside of the water. With our indoor facility, participants do not have to worry about getting out in poor weather conditions. Water aerobics allows friends to engage in a social outing as well as develop a great support group. Our members are like extended family!

- Jean Hendricks
*Shallow Water
Deep Water*

I have had both my knees replaced and teaching water aerobics has helped heal my knees and build back strength. I have also had back and shoulder problems and the doctors couldn't believe my progress. Water aerobics is great for all ages and the benefits are amazing. I also try to incorporate stretching and yoga into my class.

- Sue Swartz
Shallow Water

Recreation Center Memberships

Family:

Annual \$440 Monthly \$40 90 Day \$120

Individual:

Annual \$330 Monthly \$30 90 Day \$90

Senior Citizen Couple (60+):

Annual \$330 Monthly \$30 90 Day \$90

Individual Senior Citizen/Student/Military:

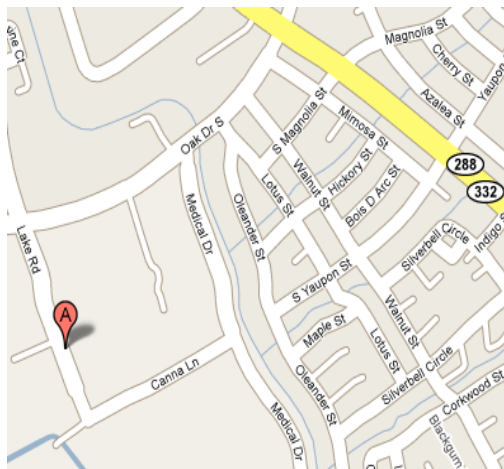
Annual \$275 Monthly \$25 90 Day \$75

Military Family:

Annual \$330 Monthly \$30 90 Day \$90

Daily Admission: \$5.00 adult, 18 & over

\$3.00 child & senior, 60 & over



The Recreation Center - Lake Jackson

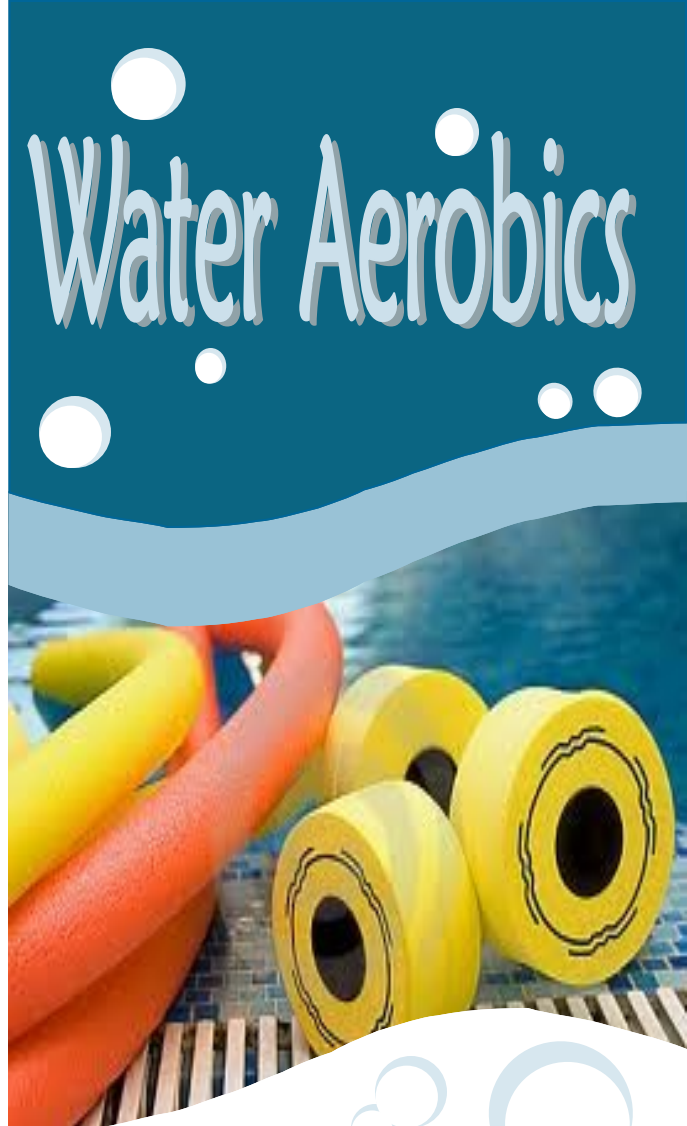
91 Lake Road

Lake Jackson, Texas 77566

979-297-4533



Sponsored by the City of Lake Jackson
Parks and Recreation Department



lake jackson.
The Recreation Center

The Recreation Center of Lake Jackson is committed to the health and wellbeing of the community. Water aerobics is a great workout for all ages with the water environment providing support as well as resistance to the body. It's the fun, social and supportive way to stay fit!

Equipment

We supply all equipment that you will need in order to get a safe, well-rounded workout.

Class Descriptions

Shallow Water:

A low impact aerobics class using water's natural resistance for minimal stress on the body and joint.

Deep Water:

A high intensity workout with no impact. Swimming ability is recommended but not required.

*Water aerobic classes are for ages 12 and older.

Class Schedule

Monday

Shallow Water	8:00-9:00am	Jean
Shallow Water	12:00-1:00pm	Anne
Deep Water	5:00-6:00pm	Jean
Shallow Water	5:30-6:30pm	Sue

Tuesday

Shallow Water	8:00-9:00am	Jean
Shallow Water	12:00-1:00pm	Anne
Deep Water	5:00-6:00pm	Jean
Shallow Water	5:30-6:30pm	Sue

Wednesday

Shallow Water	8:00-9:00am	Jean
Shallow Water	12:00-1:00pm	Jean

Thursday

Shallow Water	8:00-9:00am	Jean
Shallow Water	12:00-1:00pm	Anne
Deep Water	5:00-6:00pm	Michelle
Shallow Water	5:30-6:30pm	Sue

Friday

Shallow Water	12:00-1:00pm	Lisa
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Benefits of Water Aerobics

- Water Aerobics benefits your entire body when done steadily and vigorously. It increases aerobic endurance, improves flexibility and tones the body.
- Strengthen your heart.
- Strengthen and tone your muscles.
- Provides 12 times more resistance than when you exercise on land.
- Water Aerobics is fun, helps you keep fit and allows you to meet new people.
- Water Aerobics is excellent for men and women of all shapes, sizes and ages, and allows you to work at your own pace.
- The water environment provides support and give resistance to the body, in turn, making it an ideal medium for exercise and rehabilitation from injuries while aiding joint mobility.
- Muscle soreness does not occur as frequently in water as on land aerobics due to the buoyancy of the water and reduced impact on the body.
- The Recreation Center has a variety of equipment available to aid in the exercise being performed.
- Water disperses heat more effectively, so there is less chance of overheating.